



### American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites: 500-yd Swim & 20-yd brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +  
 Dates: September 23 – 26, 2010  
 Days: Thursday, Friday, Saturday, and Sunday  
 Times: 5:00 p.m. – 9:00 p.m., 5:00 p.m. – 9:00 p.m.,  
 8:00 a.m. – 5:00 p.m., & 1:00 p.m. – 5:00 p.m.  
 Location: Sports\*Com  
 Fee: \$145  
 Contact: Nate Williams – 615-895-5040 / [nwilliams@murfreesborotn.gov](mailto:nwilliams@murfreesborotn.gov)  
 \*\*Registration is required.

### Swim Academy

Fall is the perfect time to improve your child's swimming skills. We proudly offer a wide array of lessons for most ages. Adult Lessons are also available!

Ages: 5 years to Adults  
 Dates: Sept. 7 – Sept. 23, 2010 (T&Th)  
 Sept. 4 – Sept. 25, 2010 (Sat)  
 Oct. 5 – Oct. 21, 2010 (T&Th)  
 Oct. 2 – Oct. 23, 2010 (Sat)  
 Nov. 2 – Nov. 23, 2010 (T&Th)  
 Oct. 30 – Nov. 20, 2010 (Sat)  
 Location: Sports\*Com Indoor Pool  
 Fee: \$60  
 Contact: Nate Williams – 615-895-5040 / [nwilliams@murfreesborotn.gov](mailto:nwilliams@murfreesborotn.gov)  
 \*\* Registration is required.

### Spooky Splash!

Come join us at the pool for a spookin' good time! There will be open swim, craft time, pizza, and pudding surprise. Make sure you are ready to find what might be hidden in the pudding and come prepared to leave your mark on a pumpkin and you might even win the pumpkin decorating contest!

Ages: 7 -13  
 Date: October 22, 2010  
 Day: Friday  
 Time: 6 p.m. -10 p.m.  
 Location: Patterson Park Pool  
 Fee: \$7 pre-register  
 Contact: Niki Hensley – 615-893-7439 [nhensley@murfreesborotn.gov](mailto:nhensley@murfreesborotn.gov)



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best time  
to learn to  
swim!

## Swim Preschool

Even though summer has come and gone, water safety should still be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime. Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified Water Safety Instructors.

-Monday & Wednesday classes will run for 3 weeks, meeting twice a week, each class being 30 minutes.

(Mondays & Wednesdays / Classes begin from 3:50 p.m. - 7 p.m. depending on level)

-Saturday classes will run for 4 weeks, each class being 45 minutes. (Saturdays / Classes begin from 8:00 a.m. - 12 p.m. depending on level)

Ages: 6 months to 4 years  
 Dates: Sept. 8 - Sept. 27, 2010 (M&W)  
 Sept. 4 - Sept. 25, 2010 (Sat)  
 Oct. 4 - Oct. 20, 2010 (M&W)  
 Oct. 2 - Oct. 23, 2010 (Sat)  
 Nov. 1 - Nov. 17, 2010 (M&W)  
 Oct. 30 - Nov. 20, 2010 (Sat)

Location: Patterson Park Community Center

Fee: \$60

Contact: Niki Hensley - 615-893-7439, [nhensley@murfreesborotn.gov](mailto:nhensley@murfreesborotn.gov)

\*\* Registration is required.

## Morning Water Aerobics

If you're looking for a great way to get in shape this fall and a great way to have fun all at the same time, then join us for a water exercise class. Whether you are a fit being, looking for a challenge, recovering from a surgery or suffering from arthritis, we have something for you. The 8 am class is an intense workout that will get your day started off right. While the 9am class will sooth your joints and inspire you to spend more of your mornings in the pool because of how good you will feel afterwards!

Ages: ALL  
 Days: Monday - Friday  
 Time: 8 a.m. & 9 a.m.  
 Location: Patterson Park Pool  
 Fee: \$4.00 or premium pass  
 Contact: Niki Hensley - 615-893-7439, [nhensley@murfreesborotn.gov](mailto:nhensley@murfreesborotn.gov)

## Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers, who are comfortable in the deep end of the pool.

Ages: 13+  
 Dates: Ongoing  
 Day: Tuesdays  
 Time: 7:00 p.m. - 8:45 p.m.  
 Location: Sports\*Com Indoor Pool  
 Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)  
 Contact: Nate Williams - 615-895-5040 / [nwilliams@murfreesborotn.gov](mailto:nwilliams@murfreesborotn.gov)

